

# East Rockingham 5k-10k Trail Running Series 2013

## Entry Fees:

- \* \$15.00 per race postmarked **10 days before race day** guarantees a race T-shirt
- \* \$60.00 for entire race series, includes 1 Race T Shirt.

## Race Location:

Elk Run Trails, Elkton Community Center, Elkton, Virginia 22827

## Race Start Time:

Race Day Registration opens at 6:30am and closes at 7:45am no Race T-Shirt

Race Start Times: 8:30am

<b><u>Race Dates:</u></b>	Sunday	April 21 <sup>st</sup> ,	2013	8:30am	5k
	Sunday	June 2,	2013	8:30am	10k
	Sunday	July 7,	2013	8:30am	5k
	Sunday	Sept 8,	2013	8:30am	5k
	Sunday	Oct 20,	2013	8:30am	10k

Prizes will be awarded to the top male and female finishers in the following categories

*Over Race Winners	*Under 13 years	*13 - 19 years
*20 - 29 years	*30 - 39 years	*40 - 49 years
*50 - 59 years	*60 - 69 years	*70 and over

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## Registration

(Please complete one form per person)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Gender M F

Race: (circle one, or all) (4/21/13) (6/2/13) (7/6/13) (9/8/13) (10/20/13) (ALL)  
Shirt Size (Circle One) S M L XL XXL

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, and assignee's, waive and release any and all rights and claims for damages, I have against Friends of Elk Run Trails, Hurricanes Running Club, All Race/Trail Sponsors, Elkton Community Recreation Center, and the Town of Elkton, their representatives, successors, and assignees, for any and all injuries arising out of my participation in above athletic event, I further state that I am in the proper physical condition to complete in the event signed for.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Amount: \_\_\_\_\_

(Entrants under 18 years on race day needs parent/guardians signature)

Please make check or money orders payable to Hurricanes Running Club

Mail to Carissa Eichmeyer C/O Athletics 1200 Park Rd, Harrisonburg, Va. 22802

(for more information email [carissa.eichmeyer@emu.edu](mailto:carissa.eichmeyer@emu.edu))